

Worksheet -2

Subject: - Science

Class: - VI

Teacher: - Mrs. Harpreet Kaur

Name: \_\_\_\_\_ Class &amp; Sec: \_\_\_\_\_ Roll No. \_\_\_\_\_ Date: \_\_\_\_ . 04.2020

## Food and its components

Which one of the following is true about food?

- A) Food is essential for our survival
- B) Food is essential for keeping us healthy and fit
- C) Food is essential for our growth
- D) All of these
- E) None of these

Which one of the following statements is true? Statement 1: Animals depend on plants for their food.  
Statement 2: Plants depend on animals for their food.

- A) Statement 1
- B) Statement 2
- C) Both statements are true
- D) Both statements are false

The animals that eat dead and decaying organic substances are called:

- A) Herbivores
- B) Carnivores
- C) Omnivores
- D) Scavengers
- E) None of these

Choose the food substance from the following which is animal product.

- A) Pulses
- B) Rice
- C) Honey
- D) Fruits
- E) None of these

The animals eat only flesh of other animals are called:

- A) Herbivores
- B) Carnivores

- C) Omnivores
- D) All of these
- E) None of these

The animal 'crocodile' belongs to which one of the following groups

- A) Herbivores
- B) Carnivores
- C) Omnivores
- D) All of these
- E) None of these

Choose the omnivores from the following.

- A) Tiger shark
- B) King cobra
- C) Horse
- D) Ant
- E) None of these

Choose the food from the following which is a plant product.

- A) Milk
- B) Egg
- C) Fruits
- D) Meat
- E) None of these

Look at the following statements: Statement 1: The living organisms which can prepare their own food are called producers Statement 2: The living organisms which consumes the food prepared by plants are called consumers Which of the above statements is correct?

- A) Statement 1 is correct
- B) Statement 2 is correct
- C) Both statements are correct
- D) Both statements are incorrect

Which one of the following is dependent on plants for its food?

- A) Hippos
- B) Fishes
- C) Birds
- D) All of these
- E) None of these

Reena took some moong seeds and soaked them overnight in water. Next day, after draining out the water, she wrapped the seeds in a wet cloth. After one day, she observed small white structures growing out of the seeds. These small white structures will develop into

- A) Stems
- B) Leaves
- C) Roots
- D) Flowers.

Select the option with the correct sequence of words to fill the blanks in the given sentences.

(1) Cod liver oil is a rich source of ___(i)___.
(2) Deficiency of vitamin C in body causes a disease known as ___(ii)___.
(3) Goitre is caused by the lack of ___(iii)___ in the diet.
(4) Deficiency of ___(iv)___ can leads to rickets in children and osteoporosis in adults.

A)

	(i)	(ii)	(iii)	(IV)
	Vitamin D	Rickets	Potassium	Magnesium

B)

	(i)	(ii)	(iii)	(IV)
	Vitamin A	Scurvy	Iodine	Calcium

C)

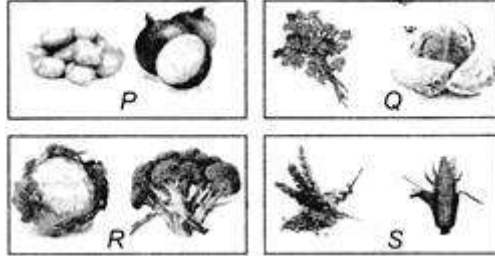
	(i)	(ii)	(iii)	(IV)
	Vitamin C	Rickets	Iodine	Calcium

D)

	(i)	(ii)	(iii)	(IV)
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	Vitamin B	Scurvy	Potassium	Protein
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Green plants are known as producers. They prepare more food than they need. The extra food is stored in different parts of the plant. Identify the parts of the plant from which the following food items (P, Q, R and S) are obtained and select the correct



option.

A)

<b>P</b>	Q	R	S
Stem	Leaf	Flower	Seed

B)

<b>P</b>	Q	R	S
Root	Flower	Leaf	Fruit

C)

<b>P</b>	Q	R	S
Fruit	Leaf	Seed	Flower

D)

<b>P</b>	Q	R	S
Leaf	Fruit	Stem	Root

**Read the following passage carefully. P helps to maintain strong eyesight and healthy skin. Q is required for normal growth of bones and teeth in children. R is essential for proper functioning of muscles and nerves. S is needed for natural clotting of blood.**

**Identify P, Q, R and S and select the incorrect statement regarding these.**

- A) Q is produced when the skin is exposed to sunlight.
- B) R is a mineral, deficiency of which causes spasms, poor digestion, anxiety and sleeplessness.
- C) Cod liver oil is a good source of both P and S.
- D) S is synthesized in our body by bacteria present in the gut.

Following are the properties of four minerals P, Q, R and S. identify them and select the correct option.

**P: It is required for proper functioning of thyroid gland.**

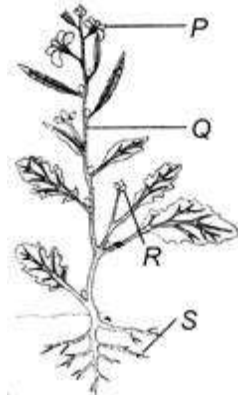
**Q: It helps in maintaining body's water balance,**

**R: It is important for haemoglobin formation.**

**S: It strengthens bones and teeth and helps in blood clotting.**

- A) Deficiency of P causes dryness of eyes and inflammation of tongue,  
 B) O is also required for the proper functioning of nervous system.  
 C) (c) Deficiency of R causes goitre.  
 D) (d) S also helps to fight infections and keeps skin and mouth healthy.

We eat different parts of plants as food. Refer to the given figure of a typical plant and select the option that correctly matches the labelled parts (P, O, R and S) with examples of plants in which they



are edible.

- A) P-Hibiscus; Q-Sweet potato; R- Pepper; S-Spinach  
 B) P-Broccoli; Q-Potato; R- Clove; S-Turnip  
 C) P-Cauliflower; Q-Onion; R- Pepper; S-Ginger  
 D) P- Broccoli; Q- Radish; R-Asparagus; S-Brinjal

elect the incorrect match.

A)

Minerals	Deficiency disease
Iron	Anaemia

B)

Minerals	Deficiency disease
Calcium	Rickets

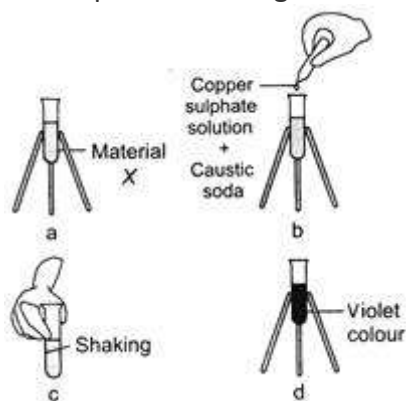
C)

Minerals	Deficiency disease
Iodine	Goitre

D)

Minerals	Deficiency disease
Phosphorus	Marasmus

Observe the given experimental figures carefully. What does this experiment



prove?

- A) Material X contains proteins.
- B) Material X contains carbohydrates.
- C) Material X contains fats.
- D) Material X contains iodine.

Consider the following statements (i)-(iv) and select the option that correctly identifies true (T) and false (F) ones.

<b>(i) Sucrose is the sugar found in milk.</b>
(ii) Saturated fats are solids at room temperature while unsaturated fats are liquids.
(iii) Fat soluble vitamins are not stored in our body and need to be regularly supplied through food.
(iv) Vitamin C is very sensitive to heat and is easily destroyed during cooking.
(v) Our body can make two vitamins, i.e., vitamin K and vitamin D.

A)

i-T	ii-F	iii-F	iv-T	v-T
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B)

i-F	ii-T	iii-F	iv-T	v-T
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C)

i-T	ii-T	iii-F	iv-T	v-T
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D)

i-F	ii-F	iii-F	iv-T	v-T
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Which of the following options contains foods obtained from roots of the plant?

- A) Spinach, Cabbage, Coriander
- B) Potato, Mango, Broccoli
- C) Sugarcane, Onion, Beetroot
- D) Radish, Turnip, Carrot

A child is suffering from a deficiency disease. He shows the following symptoms:

(i) Swelling of ankle, feet and belly
(ii) Diarrhoea
(iii) Scaly skin
(iv) Mental retardation

Identify the deficiency disease and the deficient nutrient in the child's body.

A)

Deficiency disease	Deficient nutrient
Kwashiorkor	Proteins

B)

Deficiency disease	Deficient nutrient
Goitre	Iodine

C)

Deficiency disease	Deficient nutrient
Anaemia	Iron

D)

Deficiency disease	Deficient nutrient
Rickets	Vitamin D

Refer to the given groups (i)-(iii). Each group contains an odd member. Identify the odd ones in each group and select the correct option,

(i) Calcium	Potassium	Iodine	Sodium
(ii) Vitamin A	Vitamin B	Vitamin D	Vitamin E
(iii) Oil	Cheese	Butter	Ghee

A)

(i)	(ii)	(iii)
Calcium	Vitamin D	Butter

B)

(i)	(ii)	(iii)
Iodine	Vitamin B	Oil

C)

(i)	(ii)	(iii)
Sodium	Vitamin E	Cheese

D)

(i)	(ii)	(iii)
Potassium	Vitamin K	Ghee

**Aarushi took two food samples X and Y in separate test tubes. She added 2-3 drops of Benedict's solution in food sample X and heated it while she added two drops of copper sulphate solution and few drops of caustic soda solution in food sample Y. She observed that sample X turned brick- red while sample Y turned purple.**

Which of the following is correct regarding X and Y?

- A) X consists of protein while Y consists of starch,
- B) X consists of sugar while Y consists of protein.
- C) X consists of starch while Y consists of protein,
- D) X consists of sugar while Y consists of starch,

Study the given table.

Vitamin	Source	Deficiency
B1	(i)	Beri-Ber
(ii)	Carrot	Night blindness
D	Sunlight	(iii)
C	Orange	(iv)

Select the correct option for (i), (ii), (iii) and (iv).

A)

(i)	(ii)	(iii)	(iv)
Milk	A	Scurvy	Rickets

B)



(i)	(ii)	(iii)	(iv)
Milk	E	Rickets	Scurvy

C)

(i)	(ii)	(iii)	(iv)
Whole grains	A	Rickets	Scurvy

D)

(i)	(ii)	(iii)	(iv)
Whole grains	A	Scurvy	Rickets

Which of the following statements is/are incorrect?

(i) Fats deposited in our body act as shock absorbers and protect us from injury.
(ii) Kwashiorkor is caused by deficiency of protein, carbohydrate and fat.
(iii) Roughage neither releases energy nor helps in tissue or body building.
(iv) Starch containing food item turns bluish black in colour on undergoing iodine test.

A) (i) and (ii) only

B) (ii) only

C) (iii) only

D) (ii) and (iv) only

Given below are the four food components (P-S) and their corresponding sources.

<b>P - Meat, Fish, Egg</b>
Q - Butter, Ghee, Margarine
R - Bread, Biscuit, Potato
S - Amla, Tomato, Orange

Select the incorrect statement regarding them.

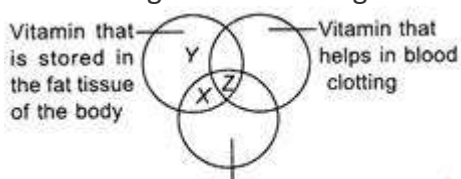
A) Deficiency of P causes marasmus in children whereas deficiency of Q causes kwashiorkor in adults.

B) Among P, Q, R and S, 1 gram of Q produces the maximum energy.

C) Excess of R gets stored in body cells and is used for production of energy whenever required.

D) Deficiency of S leads to a disease in which gums swell up and bleed.

Refer to the given Venn diagram and select the correct statement regarding X, Y and Z.



Z. Vitamin that is synthesised in our body

- A) Deficiency of X and Y causes night blindness and scurvy, respectively.
- B) X helps in the normal growth of bones in children while Y keeps reproductive system healthy.
- C) Deficiency of Z causes pellagra i.e., vitamin complex.
- D) Y is a group of several vitamins.

Refer to the given flow chart.



Identify X, Y and Z and select the incorrect option regarding them.

- A) X is formed in leaves of plants during photosynthesis.
- B) Z is essential for the normal functioning of thyroid gland.
- C) Consumption of excess of Y can lead to obesity and heart related problems.
- D) Z helps in formation of haemoglobin in the body.

Identify the figures (W- Z) and select the incorrect statement regarding



these.

- A) W is a modified tap root which serves as a storage organ.
- B) Edible part of X is the same as edible part of onion.
- C) Y is a fruit which is eaten as a vegetable.
- D) Edible part of Z is the same as the edible part of potato.

Refer to the given dichotomous key and select the correct option.

I. (a) It is categorised as energy giving food. - Go to II
(b) It is categorised as protective food. - Go to III
II. (a) It is soluble in water. - [P]
(b) It is insoluble in water. - [Q]
III. (a) It is needed for clotting of blood. - [R]
(b) It helps in formation of haemoglobin. - [S]

- A) Q could be glucose which is instant source of energy.
- B) Deficiency of S causes anaemia characterised by pale body colour, body fatigue etc.
- C) R causes osteoporosis in adults while S causes goitre in adults.
- D) P occurs in the cell wall of plant cells and in fibres.